



# San Patricio Extension Education Association News

April 2023

Sharing is caring with TEEA



## Mark Your Calendar

**April 11, 2023**

D11 Spring Conference  
Hallettsville

**April 20, 2023**

Friend to Friend  
"Pink" Event

**April 24, 2023**

Extension Education  
Association Meeting  
and Scholarship  
Judging



*Happy Easter!*

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TEXAS A&M  
**AGRI LIFE**  
EXTENSION

## Rhubarb Basics

### \$hop and \$ave

- Rhubarb stalks come in a variety of colors, from light green to speckled pink and dark red. All colors have a tart flavor.
- Choose rhubarb stalks that look and feel firm and crisp. Avoid stalks that are wilted and soft.
- Choose young stalks that are 1 to 2 inches thick because they are more tender and flavorful than older and wider stalks.
- Find local rhubarb at farm stands and farmers markets from May through mid-July.

*Rhubarb is an excellent source of vitamin K, which helps build strong bones at every age.*



### Sweeten Rhubarb with Less Added Sugar

- Add fresh berries, such as strawberries, blueberries or blackberries, to a rhubarb dessert.
- Make rhubarb sauce with 100% orange or apple juice instead of water. Add spices such as cinnamon or ginger.
- Blend cooked rhubarb with berries, applesauce or banana to make a smoothie.



### Grow Rhubarb

- Rhubarb grows well in Oregon and can live for as long as 15 years.
- Plant rhubarb in early spring, in soil that drains well. Rhubarb grows best in a sunny area and needs 2 or 3 feet of space.
- Water new plants regularly throughout the summer. Wait to harvest stalks until the second year so that roots have time to grow strong.



## Store Well Waste Less



- Remove rhubarb leaves if still attached and throw away or compost. The leaves can cause severe illness and should never be eaten cooked or raw.
- Refrigerate rhubarb in a reusable produce bag for up to 3 weeks. When ready to use, rinse stalks under cool running water.
- Freeze rhubarb for longer storage. Cut stalks into pieces and spread on a baking sheet. Freeze until firm, 1 to 2 hours. Put into airtight containers labeled with the date and amount and return to the freezer. For best quality, use within 8 months.

# Enjoy Rhubarb

## Rhubarb Muffins

Makes 12 muffins

Prep time: 15 minutes / Cook time: 20 minutes

### Ingredients:

- 1½ cups flour (all-purpose, whole-wheat or a combination)
- 1 teaspoon baking powder
- ¼ teaspoon baking soda
- ¼ teaspoon salt
- 1 teaspoon cinnamon
- ½ cup packed brown sugar
- 1 egg
- ½ cup unsweetened applesauce
- ¼ cup vegetable oil
- 1 teaspoon vanilla
- 1 cup diced rhubarb (fresh or frozen and thawed)



### Directions:

1. Preheat oven to 400° F. Lightly grease 12 muffin cups.
2. In a large bowl, combine flour, baking powder, baking soda, salt and cinnamon.
3. In a medium bowl, mix together brown sugar, egg, applesauce, oil and vanilla. Stir in rhubarb.
4. Add the wet ingredients to the dry ingredients. Stir until dry ingredients are moistened. Do not overmix.
5. Divide the mixture between muffin cups. Bake for 18 to 20 minutes or until a toothpick comes out clean. Remove muffins from pan after a few minutes of cooling.
6. Store muffins in a closed container for up to two days at room temperature or a week in the refrigerator.

### Notes:

- ◆ If using frozen rhubarb, measure when mostly frozen. After thawing, add rhubarb and extra juice to wet ingredients.

## Strawberry Rhubarb Jam

Makes 5½ cups

Prep time: Prep: 30 min. + chilling

### Ingredients:

- ½ cups fresh or frozen strawberries, crushed
- 1½ cups finely diced fresh or frozen rhubarb
- 2½ cups sugar
- 1 can (8 ounces) crushed pineapple, undrained
- package (3 ounces) strawberry gelatin



### Directions:

1. In a large kettle, combine strawberries, rhubarb, sugar and pineapple. Bring to a boil; reduce heat and simmer for 20 minutes. Remove from the heat; stir in gelatin until dissolved.
2. Pour into refrigerator containers, leaving ½-in. headspace. Let stand until cooled to room temperature.
3. Top with lids. Refrigerate for 3-4 weeks.

Recipes adapted from: [www.tasteofhome.com/recipes/](http://www.tasteofhome.com/recipes/)

## Chilled Strawberry Rhubarb Soup

Makes 6 cups

Prep time: 20 minutes / Cook time: 20 minutes

### Ingredients:

- 4 cups chopped rhubarb (fresh or frozen)
- 2 cups 100% apple juice
- 1 cup water
- 1 ½ cups sliced strawberries (fresh or frozen)
- ¼ cup sugar
- ⅛ teaspoon salt
- ⅓ cup chopped or torn fresh mint or basil (optional), divided



### Directions:

1. Boil rhubarb, apple juice and water in a large saucepan. Cook until the rhubarb is very soft, about 5 to 10 minutes.
2. Pour rhubarb mixture into a large bowl. Refrigerate until cool, about 20 minutes. Stir a few times while cooling.
3. Scoop rhubarb mixture into a blender. Add strawberries, sugar and salt. Blend until smooth.
4. Return mixture to the bowl and stir in ¼ cup mint, if desired. Serve in bowls with a sprinkle of chopped mint.
5. Refrigerate leftovers within 2 hours.

## Rhubarb Blueberry Crisp

Makes 4½ cups

Prep time: 15 minutes / Cook time: 45 minutes

### Ingredients:

#### Topping

- ¼ cup packed brown sugar
- ½ cup all-purpose flour
- ½ cup old fashioned rolled oats
- ¼ cup margarine or butter, melted

#### Fruit Filling

- 3 cups chopped rhubarb (fresh or frozen)
- 3 cups blueberries (fresh or frozen)
- 2 Tablespoons cornstarch
- ½ cup sugar
- 1 cup 100% fruit juice (any type)
- 1 teaspoon vanilla (optional)



### Directions:

1. Preheat oven to 350 degrees F.
2. In a medium bowl, stir together brown sugar, flour and oats. Mix in margarine or butter and set aside.
3. Spread rhubarb and blueberries in an 8x8-inch baking dish and set aside.
4. In a medium saucepan, mix cornstarch and sugar and stir in the juice. Cook over medium heat, stirring all the time, until the mixture has thickened. Turn off heat.
5. Stir in vanilla, if desired. Pour mixture over rhubarb and blueberries.
6. Crumble oat mixture on top of fruit.
7. Bake for 45 minutes or until topping is browned and fruit is bubbling at edges. Serve warm or cold.
8. Refrigerate leftovers within 2 hours.

### Notes

- Try strawberries instead of blueberries.
- Adding vanilla brings out sweet flavors of the fruit.

Recipes adapted from: [foodhero.org](http://foodhero.org) unless otherwise stated



# April is Stress Awareness Month

## I'M SO STRESSED OUT!

Adapted from the National Institute of Mental Health



Feeling overwhelmed? Learn whether it's stress or anxiety, and what you can do to cope.

### Is it stress or anxiety?

Life can be stressful - you may feel stressed about performance at school, traumatic events (such as a pandemic, a natural disaster, or an act of violence), or a life change. Everyone feels stress from time to time.

**What is stress?** Stress is the physical or mental response to an external cause, such as having a lot of homework or having an illness. A stressor may be a one-time or short-term occurrence, or it can happen repeatedly over a long time.

**What is anxiety?** Anxiety is your body's reaction to stress and can occur even if there is no current threat. If that anxiety doesn't go away and begins to interfere with your life, it could affect your health. You could experience problems with sleeping, or with your immune, digestive, cardiovascular, and reproductive systems. You also may be at higher risk for developing a mental illness such as an anxiety disorder or depression. More information about anxiety disorders is available at [www.nimh.nih.gov/anxietydisorders](http://www.nimh.nih.gov/anxietydisorders).

### So, how do you know when to seek help?

### Stress or Anxiety?

#### Stress

- Generally is a response to an external cause, such as taking a big test or arguing with a friend.
- Goes away once the situation is resolved.
- Can be positive or negative. For example, it may inspire you to meet a deadline, or it may cause you to lose sleep.

#### Both Stress and Anxiety

Both stress and anxiety can affect your mind and body. You may experience symptoms such as:

- Excessive worry
- Uneasiness
- Tension
- Headaches or body pain
- High blood pressure
- Loss of sleep

#### Anxiety

- Generally is internal, meaning it's your reaction to stress.
- Usually involves a persistent feeling of apprehension or dread that doesn't go away, and that interferes with how you live your life.
- Is constant, even if there is no immediate threat.

### It's important to manage your stress.

Everyone experiences stress, and sometimes that stress can feel overwhelming. You may be at risk for an anxiety disorder if it feels like you can't manage the stress or if the symptoms of your stress:

- Interfere with your everyday life.
- Cause you to avoid doing things.
- Seem to be always present.



### Coping with Stress and Anxiety

Learning what causes or triggers your stress and what coping techniques work for you can help reduce your anxiety and improve your daily life. It may take trial and error to discover what works best for you. Here are some activities you can try when you start to feel overwhelmed:

- Keep a journal.
- Download an app that provides relaxation exercises (such as deep breathing or visualization) or tips for practicing mindfulness, which is a psychological process of actively paying attention to the present moment.
- Exercise, and make sure you are eating healthy, regular meals.
- Stick to a sleep routine, and make sure you are getting enough sleep.
- Avoid drinking excess caffeine such as soft drinks or coffee.
- Identify and challenge your negative and unhelpful thoughts.
- Reach out to your friends or family members who help you cope in a positive way.

### Recognize When You Need More Help

If you are struggling to cope, or the symptoms of your stress or anxiety won't go away, it may be time to talk to a professional. Psychotherapy (also called talk therapy) and medication are the two main treatments for anxiety, and many people benefit from a combination of the two.

If you or someone you know has a mental illness, is struggling emotionally, or has concerns about their mental health, there are ways to get help. Find more information on the National Institute of Mental Health (NIMH) website at [www.nimh.nih.gov/findhelp](http://www.nimh.nih.gov/findhelp).



# TEXAS A&M AGRI LIFE EXTENSION

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*Return Service Requested*

Individuals with disabilities who require an auxiliary aid, service or accommodation in order to participate in any of the mentioned activities, are encouraged to contact the County Extension Office five days before all programs for assistance.

Articles and recipes from Foodhero.org, cdc.gov, Learning Zone University of Nebraska-Lincoln Extension, fruitsandvegsglesmorematter.org, Produceforkids.com and Eatright.org. References to commercial product or trade name are made with the understanding that no discrimination is intended and no endorsement by Texas A&M AgriLife Extension Service is implied.

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